

# ❖ HUMOR: Helping Us Motivate Our Resilience

## ❖ Presented by Peggy Campbell-Rush

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❖ I am the author of seven books...

❖ *Author of: I Teach Kindergarten: A Treasure Chest of Teaching Wisdom;*

❖ *Tricks of the Trade: In & Out of the Classroom;*

❖ *Success for Struggling Learners,*

❖ *Hip-Hop Alphabop,*

❖ *Group Writing: How Writing Teaches Reading*

❖ *Reading, Writing and Word Walls*

❖ *Get Ready to Write: Ideas to Improve Fine Motor Skills*

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❖ **Humor, no matter when it comes, helps us bear the unbearable.**

❖ A cheerful heart is good medicine."

- King Solomon (Proverbs 17:22)

❖ Get used to the new ways of the world

❖ Life-changing conditions are inevitable

❖ Stop Fretting about  
Classroom Management

❖ Bound out of Bed Every Day!

❖ Live as if you have a full cup...you do!

❖ Who took a shower this morning? Did you rejoice that you had running water at your fingertips?

❖ Become "well-used", make sure they have something to remember you with at your funeral.

❖ Research supports laughter

❖ Children are prolific at laughter

❖ Dr. Fry, of Stanford, found that five year olds laugh four hundred times a day.

❖ We, as adults, laugh 14 times a day or LESS!

❖ The Number 1 way to bond with a class is to LAUGH with them!

- ❖ Silly comes from the English word “selig” which means “to be blessed”.
- ❖ A court jester was revered as the blessed fool.
- ❖ Smile Muscles
- ❖ Many adults report that their “face hurts” after laughing for a while.
- ❖ This is because the muscles that help us laugh are out of shape.
- ❖ 60,000 thoughts pass through our brains, on average, everyday.
- ❖ Scientists are noting that facial expressions precede feelings and have a role in determining your attitude and theme of the moment
- ❖ Benefits
- ❖ The body temperature rises and makes you feel warmer
- ❖ Pulse and blood pressure drop
- ❖ Muscles contract and then relax
- ❖ Breathing is deeper
- ❖ Oxygen levels increase which heightens energy levels and reduces tension
- ❖ **Laughter facts**
- ❖ The physiological study of laughter is called gelotology. Laughter consists of short vowel-like notes repeated every 210 milliseconds.
- ❖ Laughing almost always occurs during pauses at the end of phrases or sentences. This is called ‘the punctuation effect’.
- ❖ Natural laughter can be of the ‘ha-ha-ha’ variety or the ‘ho-ho-ho’ type, but not a mixture of both.
- ❖ We are ten times more likely to be seen sharing a laugh with someone than any other strong emotion.
- ❖ Up to 80% of laughter is not even in response to jokes.
- ❖ Women laugh 126% more than men.
- ❖ Dr. Fry discovered
- ❖ Laughing is aerobic

- ❖ Laughing for ten minutes is similar to rowing on a rowing machine ten times
- ❖ Laughing gives your heart, diaphragm, thorax abdomen, lungs and liver a good workout
- ❖ Resources
- ❖ Association for Applied and Therapeutic Humor
- ❖ **How Can You Laugh at a Time Like This?"** by Allen Klein, MA CSP
- ❖ *Therapeutic Humor* (Smr 1995, Vol. IX, 3, p. 1-2),  
© 1995, Steve Sultanoff.
- ❖ Comedy Cures Foundation
- ❖ **A Prescription to Laugh: Healing Through Humor And Laughter - by Lynn Shaw**
- ❖ Teaching with the community of learners
- ❖ If a child knows A, B and C, then a child can teach A, B and C.
- ❖ Those who know more should teach those who know less. The "who" will change with each different skill, concept and activity
- ❖ Ask: Who is an expert? Who is "first chair" on this one? "Who is in clear water?"
- ❖ Make it known, early and often, that we are all responsible for our collective success.
- ❖ Relentless positivity
- ❖ It is a child's birth right to be great and excel
- ❖ Each child, no matter how challenging, has a whiff of greatness within
- ❖ Peer support garners spontaneous compassion
- ❖ Teach that...when you see a need...you help
- ❖ Time
- ❖ You will never be "done"
- ❖ Allocate time for yourself
- ❖ School will take from you all the time you give
- ❖ Go home...all that work will be there to greet you in the morning
- ❖ Don't be a slave to your super ego

- ❖ Sometimes...
- ❖ You laugh so hard, you cry...which makes your eyes glisten.
- ❖ You laugh so hard all your muscles relax and your cortisol level reduces.
- ❖ You laugh so hard you wet your pants...a true sign of letting go.
- ❖ New Year's Eve
- ❖ The hats, horns and confetti that you reserve for New Year's Eve should be at your side every day.
- ❖ Put on your TA-DA cape.
- ❖ Upside Down Thinking
- ❖ Tonight we will have beef stew without the beef.
- ❖ When the wife greeted her uptight husband at the door wearing only heels and a scarf, he asked "What will the neighbors think?" "I haven't showed them yet", was her reply.
- ❖ Happiness is in YOU

I love when my husband is home for dinner

and I love when he isn't

As long as I show up,

I will have fun.

- ❖ Ask yourself how much time each day do you focus on gratitude compared to the time you spend thinking about the problems in your life?
- ❖ You are in charge
- ❖ Your thoughts create your feelings
- ❖ Your feelings create your behavior
- ❖ Jump up and down waving your arms in the air, yelling, "I'm depressed!" It will never work.
- ❖ Fight or flight
- ❖ Your brain prepares you if you are going to scare the living crap out of yourself.
- ❖ I am not aging
- ❖ I am "sage-ing"

- ❖ Holding on to baggage
- ❖ First five minutes list all the things that have gone wrong in your life, people who have “wronged you”, all negative things in your life.
- ❖ The second partner just can say...”that’s awful, tell me more.”
- ❖ Stop
- ❖ After five minutes, now switch to telling all the good things that have happened
- ❖ Did it take less than five minutes?
- ❖ We hold on to a lot of baggage and do not hold on to the good stuff for long enough.
- ❖ Three ways to let go
- ❖ Directly confront the person and explicitly state what you want.
- ❖ Change your attitude about it
- ❖ Or you can let it go...as in Charlotte’s web...no hurry, no worry
- ❖ Need to Breathe Deep?
- ❖ Smell the Pizza
- ❖ Then blow on it!
- ❖ Moods are contagious
- ❖ You can affect others moods with your aura and your energy
- ❖ Have you ever come in to school having an amazing day?
- ❖ The people around you are uplifted too
- ❖ It is hard to be grouchy when someone you are around is upbeat and smiling!
- ❖ Stop Global whining
- ❖ Life is not a stress rehearsal...lighten up!
- ❖ Number 9
- ❖ Write down the things you would REALLY want to say to people who REALLY stress you out and then number them.
- ❖ When someone gets on your nerves, don’t curse, just say the number.

- ❖ They will never know but you will feel great.
- ❖ I know that “posture matters”
- ❖ I Feel Good!
- ❖ Remember...
- ❖ Whatever you are feeling...
- ❖ It is contagious!
- ❖ Do you have a “cape”?
- ❖ Movement stimulates the intellect, the emotions and the physical senses of the student
- ❖ Body Parts Learning
- ❖ Elbow up
- ❖ Spell *like*
- ❖ Nose out
- ❖ Spell *we*
- ❖ Knee Up
- ❖ Spell *the*
- ❖ Tongue out
- ❖ Spell *is*
- ❖ Bottoms up
- ❖ Spell *here*
- ❖ Change your mind...  
change your life
- ❖ Try this experiment...
- ❖ Point to yourself
- ❖ Look around...did most people point to their heart area?
- ❖ That is because the “heart” is the essence of who we are.
- ❖ Worrying is like a “rocking chair” ...it takes a lot of energy but does not get you anywhere.

- ❖ And one final relationship to consider....
- ❖ Is your relationship to YOURSELF!
- ❖ In considering your awesome responsibility to yourself...
- ❖ Get your rest
- ❖ Take your vitamins
- ❖ Square dance or paint for fun
- ❖ Don't expect perfection from yourself
- ❖ Have a good breakfast
- ❖ Say a little prayer
- ❖ More...
- ❖ Go into the classroom with a smile
- ❖ And do the best you can
- ❖ Know that it will be better than yesterday and...
- ❖ There is always tomorrow to better still
- ❖ And...even on that last day of the year, there will always be another teacher who may fill in any gaps you left
- ❖ And...there will be new children for you and new goals
- ❖ One final note...
- ❖ So...
- ❖ Keep your sense of humor
- ❖ And use it often!!
- ❖ Seek help whenever you suspect you need it
- ❖ And remember...
- ❖ Education is a lifelong process for the teacher too
- ❖ So good luck...have fun and...
- ❖ Hang In There!

- ❖ Parting Thought
- ❖ So...whether you are trying to lose a few pounds, find inner peace, heal your heart or anything else, you might have to fake it till you make it.
- ❖ Even if you do not feel as strong, fit, balanced or capable as you would like, you are going to act like you are.
- ❖ You will literally take the actions of healthy, happy people until you are one of them.
- ❖ And then YOU WILL BE!